



Grief and Loss

Grieving is a healthy healing process, not a sign of weakness. The best way to confront loss is to recognize it, understand the feelings, and get support. Here are some things to expect in the stages of grieving.

Denial

- A period of numbness and shock.
- The slow realization of what happened and the beginning of adjusting to reality.

Anger and guilt

- Grief rises to a variety of feelings as the shock wears off.
- Feelings of anger at the person you lost, the cause of loss, etc.
- Guilt for surviving.

Sadness and Despair

- There are varying degrees of sadness, loneliness, and yearning.
- Using alcohol and drugs to avoid feelings.
- Tears, sadness, thinking about loss and reaching out to others are all essential to healing.

Acceptance and Hope

- Gradually accepting your loss and adjusting to the changes it brings.
- Gradual beginning of hope for a stronger, wiser future.
- Understanding that this takes time and is painful.

Aftermath

- Just when you think you are over your loss, reminders can plunge you into another wave of grief.
- These waves of grief gradually become smaller, less frequent, and easier to deal with over time.